

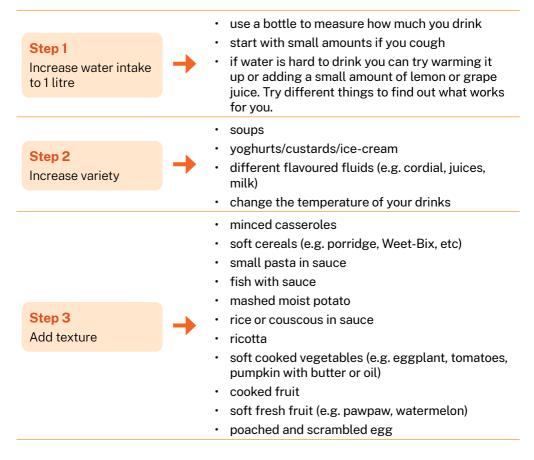
Northern Sydney Local Health District



Speech Pathology Royal North Shore and Ryde Hospitals

Transition to oral diet after Radiation Therapy

Expanding your diet will make you feel better and help you to get the PEG/RIG out sooner. Use a diary to record your oral intake (not via the PEG). Write down anything that makes it hard to eat or drink (e.g. pain, taste changes, etc).





Northern Sydney Local Health District



Step 4 Fully oral	→	 add more flavours and spices soft cooked vegetables with cooked then finely diced meat (not pureed) add dressings try restaurant meals
AVOID		
Step 5 Near normal diet	+	 grilled meat salad soft gluey bread
		large chunks of meatuncooked hard fruit and vegetables

Three months after you finish treatment you will have a formal review with the doctors at the Tuesday Head and Neck Clinic. If you have ongoing problems you will be seen by a Speech Pathologist. It is a concern if your swallowing changes or becomes worse after radiotherapy.

Any questions or concerns, please contact the Speech Pathology Department: RNSH – 02 9463 1622, Ryde – 02 9858 7812